

FORGING THE FUTURE:



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Friday FACTS

25 February 2000

"Leadership, Partnership, and Championship"

The American Association of Suicidology will host its 33rd Annual Conference in Los Angeles, CA from 12 -16, April 2000.

The Navy and Marine Corps will present their collaborative program promoting suicide prevention. Current initiatives coordinate administrative policy, suicide prevention training, and research. Key assumptions of this DON program are that risks posed by suicide threat can be mitigated through increasing early intervention for personnel difficulties, and instruction for all personnel on warning signs and efficacious intervention strategies for suicide threats. Research improves institutional knowledge by capturing risk factor data allowing ongoing improvements in risk management strategies. For additional information contact AAS at 202-237-2280 or debbiehu@ix.netcom.com

The Tobacco Dental Awareness Posters (Tobacco and Dental Disease; and Your Mouth, Your Tools, Your Teeth-Your Choice) developed by Captain Larry Williams, D.C. may be purchased and ordered in two sizes 24x36" at \$76 and 11x17" for \$4. Contact COPI-Q 947 Providence Square Shopping Center, Virginia Beach, VA 23464. Phone 757-495-4800 and fax 757-495-9233.

**"The merit of an action lies in
finishing it to the end"**

-Genghis Khan



March is National Nutrition Month

This year's objective is to emphasize the importance of proper nutrition and physical activity at every stage of life. Key messages in this year's campaign include the following: food and physical activity choices are personal; keeping fit can improve your mood, reduce stress, and increase your energy level; a fitness lifestyle may reduce the risk of

heart disease, cancer and diabetes; healthy eating fuels physical activity at every stage of life; staying fit improves your chances for a higher quality of life. The DoD Nutrition Month Package is on our web loaded with ideas and resources you can use to promote your own campaign. It contains articles, planning guides, PSA's, Nutrition Jeopardy game, reproducible handouts and resources, as well as internet addresses you can use to support your activities. Use the package not only this month, but throughout the coming year to encourage a healthy lifestyle and improve mission readiness of our fleet.

Don't forget 5 A Day or our new goal of 5-10 for 2010 as an additional source of activities or challenges that can be used for Nutrition Month. Our Homepage has all you need to gather ideas and resources for activities or challenges related to eating more fruits and vegetables. Fill out the activity forms and fax or e-mail to us what you've done. We still have a few more goodies to share with those who share with us.